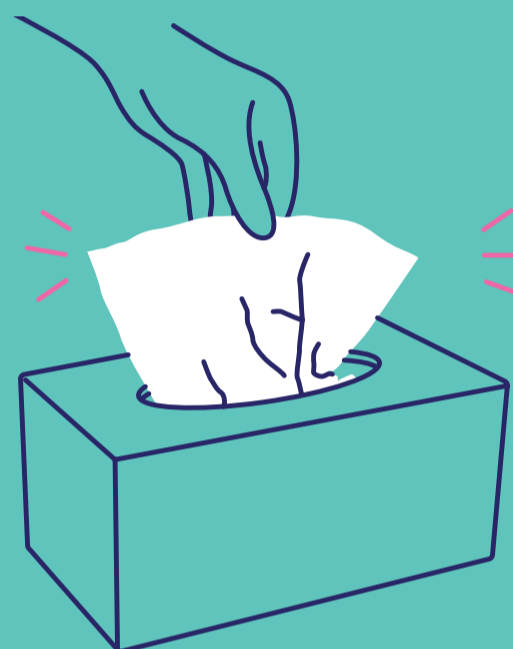


# SIMPLE STEPS TO HELP STOP THE SPREAD.

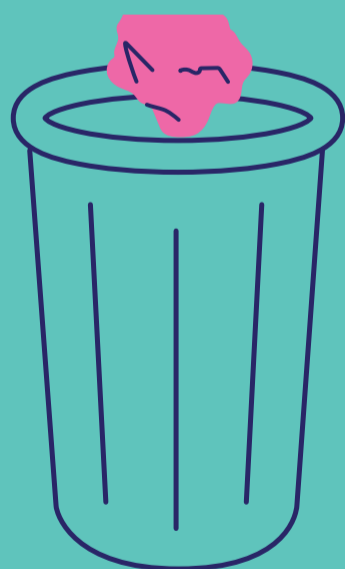
**Cough or sneeze into your arm**



**Use a tissue**



**Bin the tissue**



**Wash your hands**



**TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.**

For more information about **Coronavirus (COVID-19)** visit [coronavirus.nt.gov.au](https://coronavirus.nt.gov.au)